



It's two a.m.

Your child has a fever. Or you're traveling, you don't feel well, and you are unsure about the symptoms. Or you helped a friend on moving day, you injured your back, and you don't know if you should treat it yourself or see your doctor.

The answers are as close as the phone.

When you choose CIGNA HealthCare, you have access to a valuable health information resource anytime you need it. Anywhere in the U.S.

You and your participating family members can call our CIGNA HealthCare 24-Hour Health Information LineSM any time, any day of the year and receive assistance and answers to your health care questions. Speak with a health information nurse or, if you prefer, listen to any of the more than 1,000 topics on tape in our Health Information Library.

Your call is always free and the number is always handy because it's printed right on your CIGNA HealthCare ID card.

It's just one of the benefits of choosing CIGNA HealthCare. Use this bookmark so you'll always know exactly where to turn.


www.cigna.com

*It's 5:30 in the morning
• When you're alone •
Before you lift it •
The first time it
happens • Feeding the
baby • Because it won't
stop • You just discovered
it • From your office • You
had a minute • Just to
double-check • Your mother
would know what to do
• You called before and
they helped • Her teacher
mentioned it • It's so
convenient • Now what? •
It's not serious but should
I see the doctor? • It's so
annoying • You don't know
if it is contagious • Is it
just part of growing up?*

**THE CIGNA HEALTHCARE
24-HOUR HEALTH
INFORMATION LINESM**

**CALL THE TOLL-FREE
NUMBER ON YOUR
CIGNA HEALTHCARE ID CARD.**





**Helpful health
information by phone.
Whenever you need it.**

*Tension Headaches • Sinus
Problems • Face Lifts •
Pinkeye • Rhinoplasty
(Nose Job) • Bad Breath •
Thumb Sucking • Breast
Cancer • Teenage Concerns
• Breathing Others' Smoke
• Snoring and Sleep Apnea •
Starting an Exercise Program
• Symptoms • Diabetes and
Exercise • Lyme Disease •
Sprains and Strains • Can
Your Diet Prevent Cancer?
• Kidney and Urinary Tract
Infections • Snacking for
Weight Control • HIV/AIDS
• Information and Referral •
Prostate Cancer • Pregnancy
and Childbirth • Ovarian
Cysts • Hemorrhoids • Knee
Injuries • Ingrown Toenails*

Plus more than a thousand other topics
from head to toe, inside and out.

**TOLL-FREE NATIONWIDE
FOR MEMBERS ONLY.**



CIGNA

A Business of Caring.



CIGNA HealthCare

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